

Brenda Hollingsworth, MSW, LICSW
Licensed Clinical Social Worker and Counselor

Professional Disclosure Statement

I'm looking forward to getting to know you. I believe the counseling experience is a very personal, shared interaction between each person involved; the most crucial aspect of this relationship is trust. To help you build this trust, I want to share with you my professional background and beliefs.

Education and Experience:

Bachelor's Degree: Bachelor of Science in Bible, Lancaster Bible College, 1977

Master's Degree: Masters in Social Work, Eastern WA University, 2009

License # LW 60343993 (Licensed Independent Clinical Social Worker)

My goal is to come along side you by engaging in conversation that brings healing, builds your coping skills, and provides education and resources encouraging your growth and change. Counseling is a joint effort, which cannot be successful without your hard work, energy and courage. I will partner with you to improve your quality of life by bringing clarity, curiosity and compassion to whatever you are experiencing, whether depression, anxiety, out of control emotions, low self-esteem, relationship struggles, a life transition, grief, or an issue uniquely yours. My experience includes two years as a Mental Health Therapist/Case Manager at the B/F County Detox/Crisis-diversion-bed Center in Pasco and as a Mental Health Intern and then Clinical Social Worker at The Emmaus Center in Richland from October 2008 to July 2015. I have been in private practice since August of 2013. I have chosen Internal Family Systems Therapy as my preferred modality. I also borrow from Dialectical Behavior Therapy for its skill building and mindfulness emphases. More information on Internal Family Systems Therapy can be found on the website www.selfleadership.org.

I am a member of the Clinical Social Work Association, and follow their ethical guidelines. I seek to treat each individual with dignity and respect and honor each individual's right to self-determination. I participate in on-going training and peer consultations to increase my skills so that I can provide competent services.

Together we will decide on the amount of sessions needed to achieve your goals. After the intake assessment, I may ask you to visit a physician to rule out any biological causes for your distress before continuing forward in the counseling process. In the case of issues or concerns beyond my scope of competence, I will make every effort to refer you to more qualified professionals.

For your best interest and to protect your personal rights, our relationship must remain professional at all times; this means that even though our relationship may seem very intimate, you must remember that I am only sharing with you as a professional and focusing on the goals you have indicated you desire to reach. This is the primary purpose of our relationship.